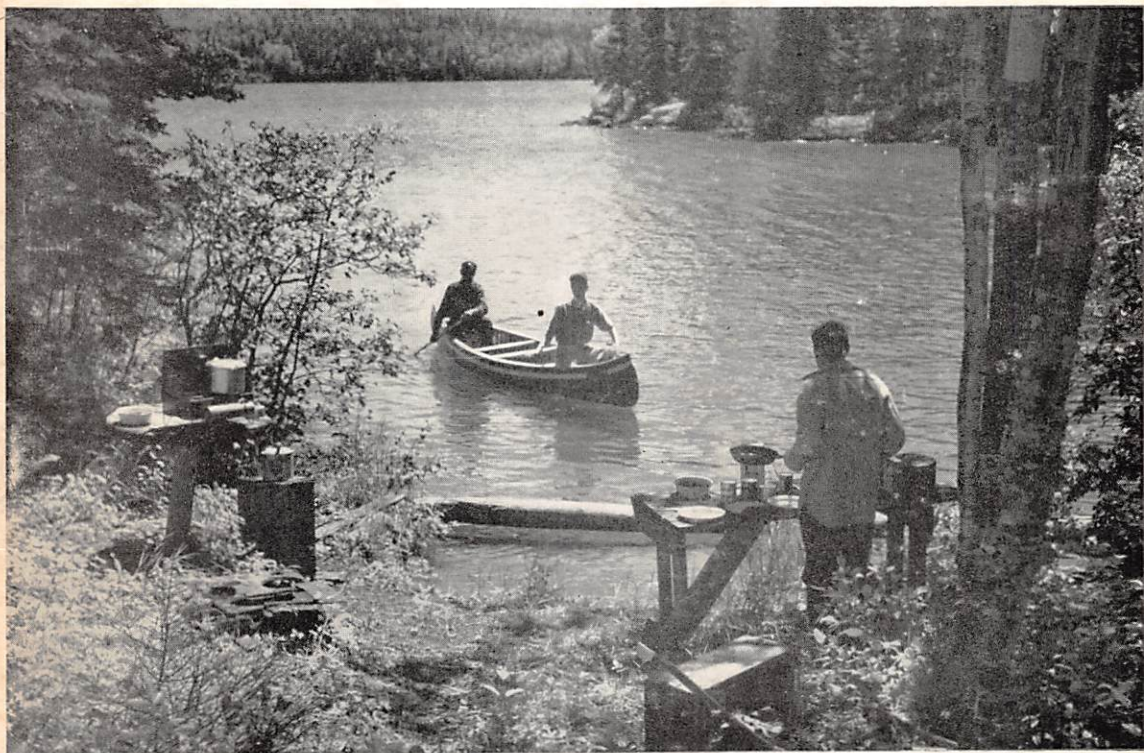


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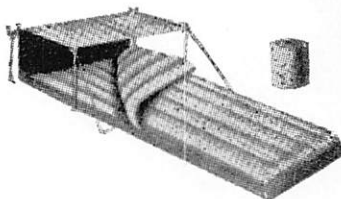
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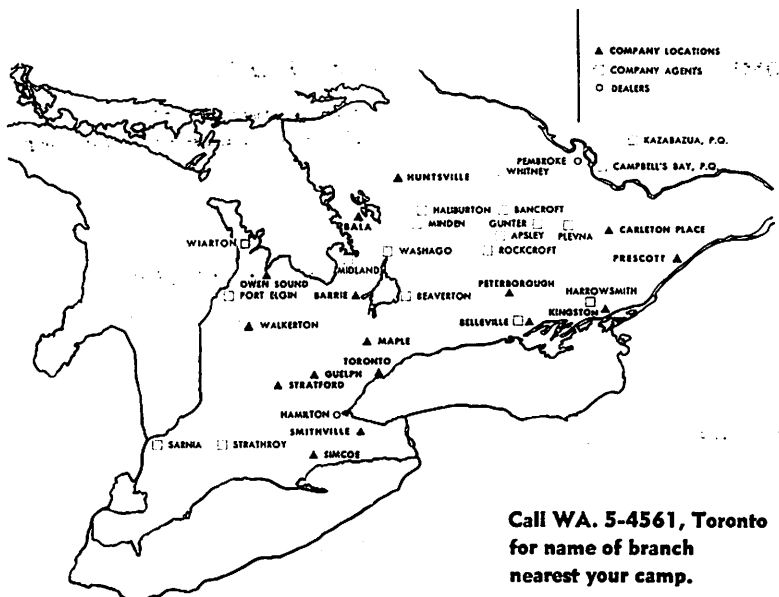
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IRWIN HALADNER,

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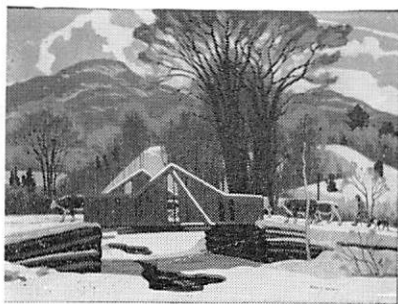
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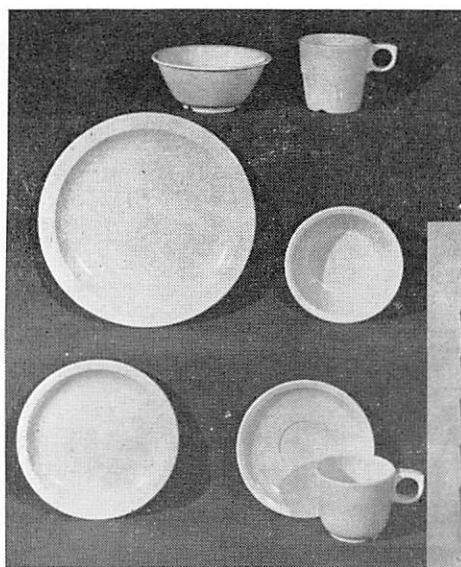
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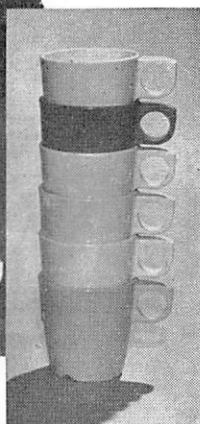
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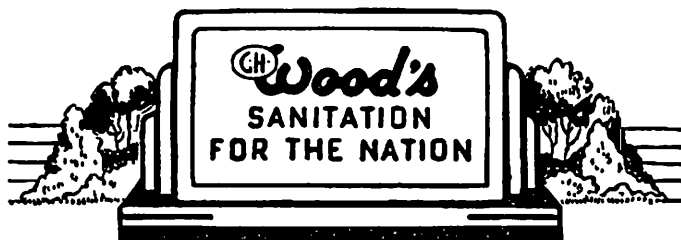
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CANADIAN CAMPING

Vol. 11

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No. 4

CONTENTS

Mouth-to-Mouth Resuscitation	J. Harry Ebbs, M.D.	174
My Child Was Robbed-	Joyce Bertram	176
What Every Tripper Should Know	C. H. Irwin	178
To Camp Directors Everywhere	M. Govan	180
Les Camps Canadiens Francais	Tony Shorgan	181
The Danger of Rabies		183
Towards Accreditation		184
Age Level Characteristics		186
Organized Camping Needs	F. M. Van Wagner	190
Ethics	John Hoyle	191
For Your Camp Library		194
News from Nova Scotia		198
Recipes for Camp	Ruth Carruthers	202
Camp Tonakela		204

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Editor

Mrs. G. W. Flynn,

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*Mary S. Edgar, Founder of Camp Glen Bernard,
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The Canadian Camping Association owes a tremendous debt to its first and only Honorary President, Arthur L. Cochrane. Many a camp director cherishes happy memories of "A. L." as a personal friend who gave unstintingly of his wise counsel from the great wealth of his long experience in camping.

Canadian history is fundamentally the story of our Trailmakers, and Arthur L. Cochrane was one of that daring band who blazed a trail in our land. Even as a boy in England, he read eagerly tales of the Voyagers, and dreamed dreams of his own exploits in the Canadian woods. His post later at Upper Canada College as instructor in Physical Education was a natural spring board into that wilderness of his dreams.

please turn to page 197

RESUSCITATION THROUGH MOUTH - TO - MOUTH BREATHING

J. H. Ebbs, M.D.,

Taylor Statten Camps

The large volume of evidence which has recently appeared supporting the mouth-to-mouth method of resuscitation as superior to other established methods suggests that a critical appraisal of the method should be made and the information distributed to all persons engaged in camping. Experimental work conducted by the United States Army through personnel working in university medical schools has served to give scientific backing to the claims which have been made for this method.

The application of the method which uses the natural respiratory apparatus of the human being is undoubtedly superior to any mechanical device which man could manufacture. The person conducting the resuscitation is able to gauge the efficiency of the method, owing to the physical contact with the victim and the sensitive appreciation of the mechanical part of the operation. The ease of performing this method is such that it is applicable to all ages and can be applied by persons very much smaller than the victim.

Method of Mouth-to-Mouth Resuscitation — While this method cannot be practiced on living persons in its entirety, at least the steps necessary for preparation of the patient and the proper positioning of the rescuer can be practiced and the principal of the mouth-to-mouth technique can be explained in careful instructions, as follows:

1. By rolling the victim on to his face and lifting him at the hips or striking him firmly on the back, any foreign object in the throat can quickly be dislodged.

2. Turn the victim on his back.

3. The mouth must be cleared of water, mucus, or other foreign material and the tongue brought forward. This can be done by inserting the finger into the mouth and moving it across the back of the throat as the tongue is pushed forward.

4. The rescuer kneels beside the head of the victim and with the middle finger of each hand beneath the angle of the

jaw on each side, below the ear, the jaw is pulled forward until it juts out (most important).

5. The rescuer's mouth is then sealed over the mouth of the victim and the rescuer's cheek is pressed against the nose, or the nose is pinched. (In a small child cover nose as well as mouth.)

6. In a small child, one hand is then freed and placed over the abdomen so that it presses upward over the stomach towards the underside of the ribs. This is done in order to prevent air from being blown into the victim's stomach. (This is not necessary for adults).

7. The rescuer continues to hold the jaw forward with one hand under the angle of the jaw.

8. Breath is blown steadily into the victim's mouth until it is noted that the chest visibly rises.

9. The rescuer's mouth is then removed and the recoil of the chest wall of the victim causes air to be expired.

10. The rescuer then continues the procedure placing the mouth over that of the victim, and again blowing air into the lungs. This is done 15 to 20 times a minute; and once each minute (or once every 20 times) the rescuer takes a complete breath and exhalation of his own.

11. In very small children it is not necessary to blow a full breath of air into the lungs but rather the air which is contained in the mouth and cheeks is gently expressed into the child's lungs. This movement can be done more quickly than in the adult. (20 times a minute).

12. Continue breathing into the victim until a good breathing rhythm has been established by the victim or until the person is conscious.

Discussion

The rescuer does not tire from this

method in the way that one does doing the arm-lift chest-pressure methods.

The misconceived idea that exhaled air contains too little oxygen and too much carbon dioxide to be of value in rescuing an asphyxiated person has been disproven by careful experimental tests which have shown that expired air contains sufficient oxygen to give satisfactory levels of oxygen in the victim's blood, and the amount of carbon dioxide is insignificant and does not cause any harm. More air enters the lungs than with any other method. There is little or no loss of time in getting the procedure started.

Failures in using the Holger-Nielsen, Schaeffer or Silvester methods have usually been due to a lack of appreciation of obstruction in the airway at the back of the throat. Since both hands are occupied in performing the chest-pressure arm-lift methods, no opportunity is given for use of the hands in assisting the maintenance of an airway. Tests on human beings of all ages under anaesthetic has shown that a considerable number of victims do not receive the full benefit of artificial respiration by chest-pressure arm-lift methods, owing to the fact that either the throat is blocked by mucus, water, or other foreign material, but especially that the tongue is in such a position that it blocks the airway. This obstruction is usually brought about by the bending forward of the head on the neck and also by a lack of appreciation of the importance of extending or bending the head slightly backwards in order to free the airway. A person who is unconscious does not have control of the lower jaw which sags and when lying on the back naturally falls backwards and carries the tongue with it.

The objection expressed by some people to the thought of having physical contact with the mouth of an unconscious person is easily overcome

please turn to page 209

MY CHILD WAS ROBBED!

Joyce Bertram,

Director, Camp Ouareau, Quebec

Open letter to all Camp Directors:

I sent my child to camp last summer, and he was robbed blind!

My youngster is an ordinary fellow except to his mother and me. He isn't very handsome and his hair WILL grow forward in spite of all we can do. The brush cut he insisted on having a week before camp didn't improve his looks, but who cares what you look like in the woods.

Like most small boys, his packing would have consisted of a fishing rod, a supply of bent pins, a hunting knife, two or three marbles and my old army kit bag. His mother naturally managed to insert a few non-essentials like clean socks and underwear, dry shoes and toothbrushes, but he thought poorly of them all.

"I'm gonna live in the water all day," he stated firmly. "Waddya think I need clean socks and shoes for?"

"Aw Mum, for Pete's sake, I'm not going to need all that underwear. Heck all we'll ever wear is jeans."

He had such high hopes for that camp. He was going to fish, when ever he wanted, with his bent pins. He was going to whittle a birdhouse and maybe a pipe rack for me. He was going to build a raft and a tree house, and have a secret club where only him and his bunk mates would know the password. He was going to learn to ride horseback and swing a rope, like a real cowboy. He was going to cook his dinner in a billy can, and sleep on a rock. He was even going to swim across the lake if he felt like it. And him and the other guys was going to be Indian scouts and scalp half the rest of the camp while they were asleep.

He'd learn to use a bow and arrow like Robin Hood, and his trusty band would be the scourge of Sherwood. He even had a keen idea for catching Robin Hood when the inevitable time came when HE had to be the Sherriff of Nottingham. He wouldn't be writing much, but we'd sure know he wasn't dead, eh, or they've have told us.

We assured him that we would not consider him dead if we didn't hear from him often but I know his mother felt a little tearful. Not me, I was thrilled. Now, for once the boy was going to be on his own—away from his parents who naturally were prejudiced in his favour—away from T.V. and the pre-digested books, away from the radio and the incessant canned music that pervaded the house, store, restaurant, subway and supermarket—away from everything that was turning him into a little vegetable.

What happened? We aren't too sure. The Director doesn't seem aware that there was anything unusual about Jim's summer. He looks wonderful—tanned, strong and an inch taller. His appetite is bigger than one would believe possible. Who knows WHAT happened?

Did he get to play Robin Hood, we asked. Well yeah, but there was this counsellor see who was in charge of archery and he said we always had to be very careful when we were shooting, so we did it all to numbers. Then he arranged a big tournament and made a lot of lists and put them on the bulletin board, but I dunno, we didn't seem to want to much. I think he was mad, sort of. Then we had the counsellors put on a demonstration of how you should shoot, but me and skinny

went fishing. And heck, was there ever a row! Nobody knew where we were and Mac said we should all have been at the archery range after the counsellors had worked so hard. He said we weren't co-operating.

Did you make your birdhouse, and the pipe rack, we asked again. Yeah, he answered, they had a dandy craft shop with a whole lot of power tools. Course they were pretty dangerous so the counsellors used them. When we wanted something cut we took it to the guy in charge of crafts and he did it for us. They had a lot of leather-burning stuff too with a little kit and the pictures were already on the stuff, you just had to trace them. We made bows and arrows too. The little feathers for the arrows all came in kits and we glued them on. The bows just had to be assembled and then we were allowed to paint our names on them and choose our own colour scheme.

How about the tripping, we asked a little tentatively. Good food I bet, eh? Yeah it was alright but the second day out it started to rain and Mac came and got us in the truck. The first night out me and Skinny caught some fish and wanted to eat them but the counsellor said we were having some of the Jiffy-packstuff you just added water to and that we'd better not cook the fish. I kept mine for awhile but it started to stink so I threw it out.

What did you like best at camp, we tried again. The swimming, he said, you bet. Really got my dive good and they passed my test. Skinny couldn't dive so good but they passed him too 'cause he wanted to go on the trip and he couldn't without his swimming test. Kinda corney eh, after I'd worked so hard on mine?

Did you manage to build your raft and your tree house? Yeah, well see the raft wouldn't work cause the swim area was all roped off and that was the only safe place to have it. But we

built a dandy tree house. The counsellor did all the hard parts like the roof and around the windows but we carried the boards and sent them up to him on a rope thing he'd rigged up. It was fun, I guess, but we didn't play in it much for some reason.

Faint but pursuing we tried once more. The riding was a big success though wasn't it? The one letter you wrote told us that much.

Oh gosh, he said reaching for a third piece of pie, that was real good fun. We had to get up early when we were on stable duty and turn the horses out for water. Then we mucked out the stables and put clean bedding down. Then we fed the horses and cleaned them and cleaned tack. Say, did you know there were 22 parts to a bridle and they all had to come to pieces? We had to know all about feeding and care of horses too. Bill made us take notes and at the end we had a quiz and I came second. Those of us who got highest marks got to groom the horses for the big show the last Saturday. Sure sorry you weren't there. Bill said my horse was the cleanest and best looking.

Weren't you riding in the show, we enquired. Heck no, he answered. I wasn't good enough for that. But I sure learned a lot about horses and I want a book for my birthday on care and feeding of horses. There's a lot more to horses you know than just reading a book. Bill sure taught us a lot. He was my favourite counsellor I guess.

Any wild animals up there we asked, cheerfully passing up the pie. Well I dunno, he answered, mouth full. We saw a couple of tracks and wanted to follow them but our bunk was supposed to be at canoeing so we couldn't. I looked them up in a book and the guy started telling me all about them, but when I went back to find them

please turn to page 206

WHAT EVERY TRIPPER SHOULD BE TAUGHT



*C. H. Irwin, Director,
Sherwood Forest Camp.*

Hundreds of young folk are looking forward eagerly to a summer camping experience, some for the first time. One of the highlights of that experience may be a canoe trip in which they think of themselves as emulating the feats of the early voyageurs, but to ensure that they may have a memorable adventure, it is imperative that each director train and brief counsellors and campers as to their responsibilities and duties on their trip away from the home campsite.

How many directors have knowledge of their behaviour once the group is out of site?

From first-hand observation it appears that there are increasing problems concerning water and canoe safety, sanitation and health, as well as good camp public relations, with regard to canoe trips. This is only natural in an era of more camp trips and other groups who are competing for a diminishing number of camp sites. Trip groups must travel further for a chosen camp site; they may travel

too late and in too wet a condition, or cross dangerous water in order to reach a stopping place before another group. Insufficient experienced responsible supervision to grapple with present conditions is very evident.

We know that there are a great many well-conducted trips, but we feel that an article such as this might help to point up some of the aids to trippers which must be included in a training programme for campers and counsellors alike:

1. Keep canoes within easy hailing distance and always in sight of each other, except in a brisk current when collisions, upsets and badly wrecked canoes can be the only result.

2. Scan the lake with critical eye. Make sure that an off-shore breeze is not causing rough water on opposite shore. **WHEN IN DOUBT STAY PUT.** It may be too late to turn back from the middle of the lake, but if you must, skirt the lea or quiet side of the lake and wait for wind to drop.

3. Dams are fascinating hazards. Few of us realize the real danger of small storage dams where seepage occurs and causes a suction against its upstream surface. Canoes, boats and swimmers can be carried over dams or struck by driftwood. Sometimes the gate logs have been removed by thoughtless people. This is to court death.

4. Never send less than two competent staff members, or one per canoe, except with very able senior campers; and never allow more than three passengers per canoe.

5. Serious accidents have occurred by bathing and diving in places that have not been thoroughly investigated. Changes take place each season. Water levels change. **ALWAYS INVESTIGATE.**

6. No need to make a race of the distance covered on each day's trip. Take time to observe shoreline scenery and wild life along the way.

7. When supplies and trippers are wet and uncomfortable, one is far more accident prone; precautions are forgotten. It is only common sense to carry a light tent or tents to accommodate every one, and to set them up at night for sleeping, storage of food and firewood. Those who wish to sleep in the open may do so. The tent is a protection and insurance for a happy trip.

8. Carry a small shovel to dig the pit for latrine and garbage disposal. Bottles should not be thrown in the water as they break on the rocks, or burst in winter, causing dangerous hazards.

9. Take no chances on drinking water. Tablets or solutions for chlorination should be part of every trip.

10. Good fuel has become scarce at many camp sites. Carry a small bow

saw or blade to make one. As you travel, keep an eye open for dry hardwood branches of standing trees. A branch of maple, red oak or ash not over three inches at the butt and about eight feet long, if sawed to short lengths is ample for most camp meals and gives good coals.

11. Remember the reputation of your camp. Good public relations pay off. Realize that one's rights and privileges stop where they interfere with the rights of others. Respect the property of others. Don't use fence rails or firewood that has been cut and piled for private use. Close all gates as you found them. Keep away from private buildings even if unlocked. In a real emergency, be sure to leave signed note giving name and address of camp, time entered and left, material or supplies used, so that settlement may be made. Leave the place as you found it, or in better condition.

12. It's good policy to respect the merchants in the district, to make friends of the owners at the roadside store, to pay for all purchases as you go along, and to respect their supplies and property as you would at home. Discourtesy or unruly behaviour soon become food for local town gossip.

Many of these points may seem trivial, but we, as directors must remember that new counsellors, and some more experienced ones, need to take a refresher course each year. Let each one of us take the responsibility of providing such a course for every trip that leaves our sight.

An excellent article on the subject, entitled "Some Thoughts on Canoe Trip Camping" by Douglas Lloyd, is available through the Ontario Camping Association at 35c. per copy.

—●

With these inspiring thoughts, Miss Margaret Govan, President, Ontario Camping Association, closed its Annual Meeting in Toronto on April 29th, 1959.

TO CAMP DIRECTORS EVERYWHERE

There is no need to remind you of the state of the world. The daily newspaper does that, most adequately, every morning. It is a fearsome thing to think about, and very depressing because we all feel so helpless. However camp directors are in an enviable position for they can do something. A camp is cut-off, self-sufficient in its relationships and accommodation, a closed community for the duration, and so camp becomes a little world apart. The kind of world depends on the director and the staff he has selected. Each one of us and our staff are able to create the world in which we believe—where staff and campers live in harmony, the children of one Father where the wellbeing of each is the concern of all, where the individual is respected.

Where the weak are protected and supported and the strong are limited and taught the real meaning of leadership.

Where freedom is not license and people learn to understand and appreciate "law".

Where responsibility and privilege go hand in hand.

Where people learn to share themselves as well as their possessions and to accept from others.

To administer such a "world" we will pay in aggravations and anxieties, in headaches and problems, both large and small. But it is a little price when we realize that we are giving people a living experience of true democracy. And surely we have a right to believe that such an experience will influence the thinking, the attitudes and actions of an innumerable host of campers both now and in the future — so that the world will become a little more like our ideal.

—●

For the first in the history of the Canadian Camping Association, a group of French-speaking camp directors have joined our camping movement. The story of forming of this group is presented for us by Tony Shorgan, Vice-President, Quebec Camping Association.

LES CAMPS CANADIENS FRANÇAIS

With every succeeding year, the camping movement is growing throughout the whole of Canada. It is due to the conscientious efforts of Camp Directors (most of whom are members of the Canadian Camping Association) meeting together and exchanging ideas, that this steady progress is being made, the benefit of which will be most fully realized by coming generations. More children are attending camps than ever before, under the supervision of better-trained staffs than formerly. The monthly meetings of the Quebec Camping Association have been a valuable aid to all Camp Directors attending, as many new and helpful ideas regarding programming, administration, etc. have been presented.

On April 12, 1958, at the Windsor Hotel in Montreal, a Joint Conference of the Canadian Camping Association and the Quebec Camping Association was held. Two sessions were conducted in the French language—this for the first time in the history of these organizations. The French-speaking Camp Directors were naturally very pleased that these sessions in French had been initiated. A talk was given by Reverend Father N. Dube, c.s.c., whose topic was "The Right Team Spirit in the Summer Camp." The afternoon was one on how to plan and study the possibilities of forming a French Section of the

camping movement in Canada. At this meeting some fifteen French Camp Directors were present, as was also Mr. Van Wagner, President of the C.C.A., and Miss Anne I. Vail, Past President of C.C.A. Mr. Van Wagner said he hoped to see this French group formed, as he felt both French and English Camps would benefit from the experiences of one another. It was the unanimous opinion that the French group should eventually become part of the existing English Association, but that a wiser plan would be, for the first year or two, to have this group concentrate its efforts towards properly organizing their own groups on solid ground. In order to study this problem, a five-member Committee was elected. Mr. Tony Shorgan was elected Chairman of this Committee, which was composed of Mr. Rene St-Onge, Reverend Brother Henri, e.c., Reverend Father Aime Cote, s.s.s., and Miss Pauline Jodoin.

The decision was made to have a meeting of all Camp Directors held at the Crippled Children's Summer Camp at St. Alphonse de Joliette, of which Mr. Tony Shorgan is Director. Invitations were extended to representatives from all the camps in the Province of Quebec — approximately one hundred in number. Twenty French Camp Directors accepted the invitation and

participated in this event. Some of these Camp Directors travelled some three hundred miles to attend, proving how anxious they were to be part of a Camping Association. Mr. Shorgan, Camp Director, took the visitors over the entire camp, explaining the set-up, operation, type of construction from basement to attic, and the different innovations, appliances, etc., around the camp. The Camp Directors took notes of what interested them, which might possibly be used in their own camps. Each Camp Director had the opportunity of explaining any special methods used in the organization and operation of his camp. At the end of the meeting the suggestion was made to hold a conference for Camp Directors only, directly after Camp closing, while people were still in the camp mood. This is something it is hoped may be arranged every year, and plans are being made to visit a special camp next summer with a definite programme prepared. Consideration was given to building up a more suitable programme for the coming year and to make plans for our new French Association to later become part of the existing provincial Association. The feeling was that some of the Camp Directors might be handicapped because they did not understand the English language. There were also many other ideas to be considered which the French and English groups could do in conjunction; such as having a joint Spring Convention. Some time in the future it may be possible to have a bilingual magazine, or at least one or more articles in French in the Canadian Camping Magazine. A French publication has been considered for some time during the month of February. Reverend Father Cote, of Quebec City, suggested publishing a news bulletin. The group considered this was a large undertaking, but that it would be very good public relations

and helpful to all Camp Directors.

Another suggestion which had been made at the meeting at St. Alphonse de Joliette, and carried through, was a small convention for Camp Directors. This convention was held in Montreal on November 15th in the Gymnasium of the Mont-St-Louis College.

This convention was well publicized through radio, television and the newspapers. In the morning, Camp Directors from nine various types of camps had the opportunity of showing slides. There were camps for very young children, private camps, welfare camps, camps for the handicapped, camps for delinquents. These camps were from every corner of the Province. The Chairman of the session was Mr. Rene St-Onge. The following session in the morning was under the chairmanship of Father Ernest Carrier, Director of Camp des Lutins. The speaker was Reverend Father Raoul Cloutier, Director of Camp Ecole Trois-Saumons of Quebec City, who spoke on "Camp Administration." A substantial lunch was served. After lunch there were a few hours free when the Camp Directors and others had the opportunity of taking part in different games: ping pong, bowling, billiards, etc., which were at their disposal in the gymnasium. The enthusiasm was outstanding. The first session was composed of a panel of three persons: Father Jean Paul Fraser, Miss Jacqueline Lavoie, R.N., Miss Lucie Samson. The subject was the "Recruiting and Selection of Counsellors."

This group of French Camp Directors is very grateful for the co-operation of the Quebec Camping Association. It looks forward to seeing the French and English groups set an example to many other organizations in this country, and throughout the world, to the benefit of all.

—●

CAMPING'S GREAT DANGER

RABIES

It was at the Annual Meeting of the Ontario Camping Association in Toronto on April 29th, that Dr. J. Harry Ebbs, of the Hospital for Sick Children, was guest speaker.

In listing numerous dangers camp directors might expect to face during the summer months, Dr. Ebbs issued a strong warning about the possibility of rabid animals appearing on camp property in many parts of Canada. He said that while the epidemic had come from Canada's far North-West and travelled south in an easterly direction, there now seem to be more instances than ever before of Rabies cited in the populated districts.

Dr. Ebbs urged that camping, scouting and outdoor recreational people generally should be aware that this FATAL disease is still rampant, that it affects wild animals, and through them our domestic and farm animals; through either it can be transmitted to man, **FOR WHOM THERE IS NO KNOWN CURE.**

He warned all camp directors to be aware of these facts, and to consider it their solemn duty to pass this information on to all staff members and campers at every opportunity . . . not only at pre-camp training or perhaps at a general staff meeting . . . but on

hikes, during walks in the woods, on canoe-trips.

Instruction should drive home the facts that all wild animals are innately WILD; they are afraid; they flee instinctively from man, woman or child. It simply is not natural for them to come to a human on call, or to allow themselves to be petted. When an animal of the woods, large or small, no longer appears afraid, if he is standing immobile, if he allows a human to approach him without scurrying off, then beware! You have most likely seen a rabid animal. See that campers and counsellors are removed from its path. If, by the same token, an animal appears to be ferocious, flee that one as well. His bite or scratch could be fatal.

Children are fascinated by wild animals; they want to take them home as pets. They are more intrigued still by the great discovery of bones, of any carcass large or small. Warn them of the dangers. Never permit them to touch any carcass or bring home bones or teeth as trophies of the hunt.

Let us reprint, for the benefit of all campers, adults and children, the exact words of the bulletin issued by the Dominion Department of Agriculture.

Rabies is a fatal disease affecting wild and domestic animals, and trans-

please turn to page 208

TOWARDS ACCREDITATION

Presented at the O.C.A. Conference

Toronto, March 6, 1959

Last year, the Standards Committee embarked on a programme of interviewing camp directors for the purpose of devising a yardstick of camping practices. Up to 1958, the Standards committee had been using a form of questionnaire based on MINIMUM standards. This was known as the Self-Evaluation Questionnaire and was in use during the years of 1955, 1956 and 1957.

By the spring of 1958, it was felt that the continued use of this form was not warranted, since there is a lack of interest in repeatedly filling out the same questionnaire. A new method had to be adopted to make camp directors aware of desirable camping practices, and at the same time provide a means for the accreditation of camps. At the present time, the O.C.A. does not have camp accreditation, but it is hoped that after ample opportunity is given to every camp to study this method of camp accreditation, it will become mandatory for Camp Membership in O.C.A. at some future time.

In June of 1958, every camp membership in O.C.A. received the first draught of "A Study of Camping Practices", accompanied by a questionnaire that we now refer to as the "Green Form". This form asked specifically whether or not the member wished to join in developing the O.C.A. Yardstick of Camping.

In January of this year, we wrote to those camps who did not reply to the June 1958 questionnaire (about 83 camps) and received 17 new requests for visits, 4 definite refusals and 3 indefinite replies because these camp directors wish more information about the program. This is quite understandable, and through a continuing program of meetings and mailings, this committee hopes to make every camp member of O.C.A. familiar with the "Study of Camping Practices" and its purposes.

How was the "Study of Camping Practices" developed? It is a combination of many ideas, discussed by hun-
please turn to page 208

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Staff meetings at camp should be held from time to time, to find out what counsellors find valuable from reports on their campers of preceding summers. Counsellors' notes and written reports about campers should be a part of the camp only to the extent that they are found valuable, and they should be under constant evaluation.

The director should follow up during the year, to see if the reports are really used, whether they have been of value, and obtain suggestions from agencies or parents for making them of more value.

A discussion of the environmental problems, pressures and tensions of the camper population, as a whole, should certainly be included in pre-camp training, especially if counsellors come from distant areas and are not acquainted with the cultural patterns from which campers come.

From some of the records, staff should choose some typical problems, such as enuresis (bed wetting), homesickness or fighting, and work together on possible means toward their resolution. This may be done through role play or through discussion of cases cited from counsellors' previous experience.

A discussion of camp interests and characteristics of children at various age levels should never be omitted from the counsellor training programme of any camp. This helps counsellors to

understand the camper, to know what to expect, and to know what should be considered normal.

A brief of such material found valuable in the small-group decentralized camp follows. (Each camp should add from its own observations over the years the items suited to its own programme.)

Eight and Nine-Year-Olds:

No sustained projects for the month.

Don't expect permanent friendships. They explore friends at this age . . . anyone who will work or play with them for an hour is a friend for that time.

One-hour activity is too long; a half-hour is better.

Not too much adventure; it makes them fearful. Their adventure is largely fantasy, so allow for acting out.

They love dramatics, costumes and story-telling, especially girls.

Not self-conscious; will participate easily.

Not too much excitement; it makes them nervous.

Everything must be fun. Motivate with the fun angle. Don't attempt the "education" approach.

They like repetition.

CAMPERS

Reprinted, with permission, from Decentralized Camping, just published by Association Press, and reviewed in this issue.

They are hardly ever bored.

They love animals, although they are a little scared.

Short lessons in the woods or garden can be good . . . especially if harvesting or berry-picking.

You can break down food dislikes easily.

This age group has a natural curiosity.

They will do anything if it is with an adult. They will seldom take direction from their peers.

Co-ordination and skill development are primitive. They are clumsy.

Chores are accepted as necessary evils. There will be much dawdling, so translate chores into fun. Through chores like bed-making, talk about home; dramatize chores; singing helps all chores.

Restless about bedtime. May take a few days to get the habit of not talking.

Thumb-sucking should have stopped at five years. If it persists, it denotes insecurity.

Expect bed-wetting from many.

Honest reasoning but not formal evaluation. Mainly they like a situation or they don't.

They have no conception of time; this is the counsellor's responsibility.
Ten, Eleven, and Twelve-year-olds:

This is the time of great physiological development.

This is the most group-minded age... the gang.

Ego assertion; beginning to challenge adults; quarrelling, loud voices, fighting.

They want the love of the adult; beginning suspicion of adult's fairness in giving love and attention; they'll grow very jealous, beginning stages of crushes on counsellors.

They want to be older than they are.

Want the privileges of the older campers.

They will do a finished job, and their interest can be sustained for a month on a project.

They prefer group activities to individual activities. Capitalize on it.

They like adventure; fewer qualms.

Will take long hikes. Nothing daunts them.

Tremendous amount of intellectual activity . . . nature, science, songs, waking to inter-racial aspects of life, waking to vocational plans. Need much programme.

please turn the page



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Will accept housekeeping and cooking responsibilities, and usually do them better than any other age group.

Need much supervision in hygiene and personal appearance; often careless.

Girls' beginning interest in males, and consciousness of dress and grooming when boys are near. This can be motivation in cleanliness and grooming.

Will work on construction projects.

Ready to study local people and history and get information, and love it.

Excited about berry picking, fishing, and cooking afterwards.

Curiosity about art and willing to work on murals, music, and like literature.

Love to talk about home and family and their relationships.

They like to plan their own powwows, and are capable.

They have a real sense of humour.

They have a sense of fairness.

Thirteen to Sixteen-Year-Olds:

They like a work camp . . . a real project. Not prepared for work, not too responsible, not skilled, poor work habits, but want to learn to earn and be independent.

They are ready to break with parents . . . "parents don't know anything" . . . and this may include counsellors. Counsellors can help to heal it over by acting as older sister or brother.

They are dependent on each other, are clique-ish; fights are group fights.

Approach to opposite sex done in groups . . . security in numbers. Social events with boys and girls should be arranged in groups, and should be discussed with them before and after.

Pace is slowed down physically.

They are hard to motivate.

Individually, they are bothered about a lot of things. They need to talk

things out with you and with each other. They won't seek you out but will want you.

They are extremely moody.

They are bored by repetition and want to do new things.

They can do sustained projects; require motivation, but resent leader's taking over. Must work indirectly.

Don't give orders in your working relationships.

They can take responsibility. Able to follow through.

Love discussion, and can do research for discussion or programme. Make them come prepared.

Careless and ungainly. Emphasis on manners, grooming and hygiene.

They are extremely talkative usually, but like periods of isolated quiet.

Writing and diary keeping are popular.

Willing to help others.

Community conscious. Period when philanthropic and charitable tendencies begin. Beginnings of social responsibility. Spark this.

Can be made conscious of first aid. Many girls want to assist the nurse.

They want to take trips to new places.

Interest in sex education.

Interest in vocations.

Enjoy singing.

Encourage dramatic interests in those who have them.

Interest in wide variety of crafts including woodworking, sculpture and jewellery making; creative writing and journalism; gardening.

Swimming, although beginners may be reluctant.

Interested in reading . . . good can be encouraged and bad cut out.

Good time to get racial and inter-cultural attitudes across.

Never be shocked by them.



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ORGANIZED CAMPING'S PRESENT NEEDS

F. M. Van Wagner,

President, Canadian Camping Association.

Many years ago, Dr. Elliot, then President of Harvard University, said, "The organized summer camping movement is America's greatest contribution in the general field of education". Organized camping today is very different to what it was when Dr. Elliot made this much quoted statement. If he were living today, would he hold the same opinion?

Twenty-five years ago a leading educator told the American Camping Association that, if some camping experience was to be made available for all children, schools would have to enter the camping field. This prophesy is now being fulfilled, as today many schools in the United States are providing a limited amount of camping, or out-of-doors education, for all pupils.

May I suggest that all of us engaged in organized summer camping should examine carefully the programmes being offered by school camps. Perhaps we would conclude that some changes in our own philosophy and practice are indicated for the years ahead. For one thing, have we not veered too far from an earlier belief that camping is an educational process and camps are educational institutions in the broad sense?

If any important changes are to take place, I am bold enough to prophesy that they will take the form of better teaching on our part and a little more application on the part of the camper. This idea is based on the belief that we have gone the limit in insisting that at camp children should do only what they choose to do and with the least possible exertion. We may then return to an older concept, that all things worthwhile can be gained only as a result of application and effort. Could we not, with the co-operation of parents, assure campers that camp will provide new experiences, adventure and fun galore? It will also present an excellent opportunity to acquire new interests and skills associated with life out-of-doors. However, these and other worthwhile things can be gained only as a result of some effort on the part of the camper.

If campers do not apply themselves and thereby gain the most from their camping experience, perhaps we directors are largely to blame. For are we not so afraid that campers will be too active and be subject to too much organization, that we err in the opposite direction?

please turn to page 210

AS ETHICS AFFECT CAMP DIRECTORS

by JOHN HOYLE, Director,
Camp GayVenture

We who are camp directors have many, and perhaps increasing, problems to consider. One is that we must in all and every sense act and maintain standards in our dealings with each other, our staffs, and parents, on the very highest level. True, camps may be run primarily as business ventures or primarily as service ventures, but in either and all cases, we who by choice or appointment are in charge of camps must constantly be checking ourselves to be sure that, in the words of Scripture, we "provide things honest in the sight of all men".

Whether we like it or not (and most of us don't), there is keen competition for both staff members and campers. The writer knows from experience how very easy it is, with the pressures under which we live, to take some slight advantage which, when reviewed in the light of day, may not be absolutely above board.

Camping is an ideal, it is a standard, it is the demonstration of living on the highest level. There is, therefore, thrust upon us a requirement that we cannot dodge, even if we wished to, of maintaining our ethical behaviour at a level utterly above any voice of criticism.

It might help all of us to re-read very carefully the "Business Principles of the Ontario Camping Association", which were adopted some years ago and which are still our daily guide.

These Principles or "Code of Ethics" suggest certain areas to which each of us as Camp Directors should give our very careful attention.

It is, perhaps, unnecessary to reiterate what is already in the Code directly or by inference, but it may help to clarify our thinking if we consider two or three of these:

1. Directors need to have confidence in each other. There are many ways in which they can share any special ideas or achievements with others. There is no doubt that all will benefit more by co-operation than by competition.

2. Directors need to be very, very careful in their approach to staff and campers. Persons known to have been at another camp the previous year should never be approached. If an approach comes from a staff member, then the director of the previous camp should be communicated with before any negotiations for a new contract are made.

3. Bidding up on honoraria is another cause of misery, trouble and heartache. The writer hopes the time may come when some common standards for honoraria may be reached. This would be a difficult thing to do when conditions vary so much, but some such mutual arrangement would work wonders in smoothing out some

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of the hard feelings that have sometimes arisen between directors. So, is it too much to hope that in this field as in others, we endeavour to practice that ideal standard, the Golden Rule?

4. The scrupulous adherence to contracts, verbal or written, between Director and Staff, is another factor to which attention needs be given. (The writer is aware that a verbal contract is not worth the paper it is written on (!!)) but the principle remains.)

5. Questions of extras at camps are not always made sufficiently clear to parents, in advance, resulting in bad personal relations not only to the camp involved but to the whole camping movement.

This article, which has been submitted to several camp directors for approval before publishing, is presented in deep humility, with the knowledge that it is so easy for anyone to err, and in the hope that when difficulties do occur they be brought before a committee of the Association to be settled privately and without publicity. It is not written in the spirit of criticism, but only with the hope of assisting to maintain those grand principles which have made Canadian Camping something of which Canadians are justly proud.

Business Principles in the O. C. A.

1. A director should actively affiliate himself with the professional organizations in the Camping Field.

2. Directors and counsellors should be willing to assist other directors and counsellors by giving such information and advice as they can impart without detriment to themselves or their work.

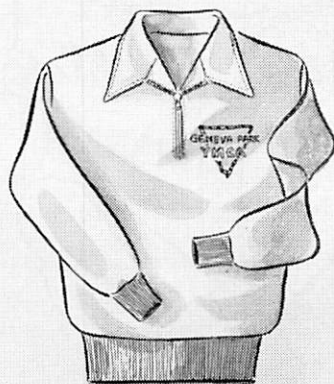
3. It is unprofessional for a director knowingly to take the initiative in negotiating with any counsellors, in-

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Sift the dry ingredients together. Cut in the shortening until mixture is about the size of rice grains. To use, add water in the proportion of about $\frac{1}{3}$ cup water to 1 cup of the biscuit mix. Add last of the water gradually. Knead a few strokes. Cut or drop and bake in 450° oven 10-12 minutes.

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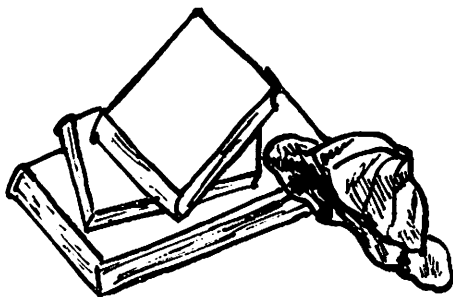
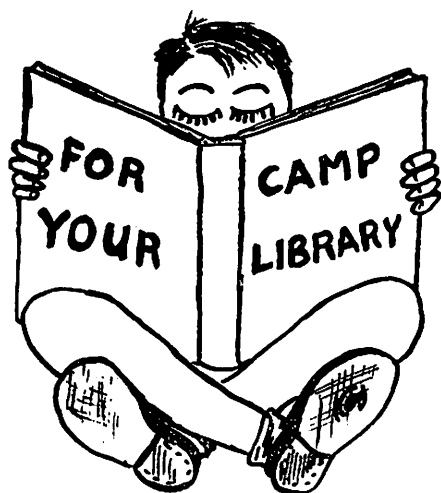
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We are in the age of rapid travel and no longer are our "neighbors" only the people in the house next door. They are in every country, on every continent. For example, it is only a quick hop of 35 hours from New York to Tokyo, nearly halfway around the earth. It is 24 hours to Tel Aviv and about the same to Ankara, Turkey. In all of these places there are people who are interesting and fun to know, who are happy to share with us their customs and pastimes.

But one need not even board a plane to go visiting abroad. There is still a faster way to travel, one that is far easier and so inexpensive that anyone can manage it. Here, for instance, is your "trip" to Japan.

You arrive in Tokyo with a map and a list of exciting places to see. You are met by a Japanese boy and girl who tell you about their country and their daily lives. You play their games and learn to cook *sukiyaki* and *tempura*. You sing Oriental songs, perform an ancient Japanese folk dance, and

bring home a lovely folk legend to tell your family and friends.

Or perhaps you are visiting Tel Aviv. A young Israeli takes you around his city and shows you some of the lively and funny games he plays with his friends. You yourself embroider a blouse or a table-cloth with Yemenite designs. You celebrate Purim in traditional costume. In the evening everyone gets together to sing "Shalom A'leychem" and to dance to Hora.

In Ankara you learn about the favorite character of Turkish folklore, Nasr-ed-Din Hodja, and follow him through his antics as an archer. You cook *tas kebab* and *baklava* and have a party using trays and dishes you have made yourself from Turkish models.

Or you can join in the carnival fun at Rio de Janeiro. Your Brazilian style carnival costume is a hit. Everyone's good time is enlivened by your home-constructed rhythm instruments—conga drums, tambourines, maracas.

And do not miss exotic Africa. Your stop here is Accra, capital of the new

country of Ghana. You learn dance games and singing games, for Ghanaians love music. You can make things out of clay, raffia, or balsa wood and decorate them with fascinating African designs. You can see the modern cities of Accra and Kumasi and attend two old and exciting tribal festivals.

This fabulous trip requires no ticket and no passport. It is the new **HI NEIGHBOUR** book and record. Here is material for groups, for classes, for individual children of all ages. Even adults will find many things that are fun to do or to know. You can have a real international program or you can supplement your studies of a specific country. It helps with UNICEF and UN studies, too, for all of these countries are receiving assistance from the United Nations Children's Fund and their UNICEF programs are described and enhanced by photographs.

The book is 64 pages long, bound in a colorful cover and profusely illustrated with photographs, drawings, maps. It costs \$1.00. A 10-inch long playing record carries on one side the songs from these five countries and on the other side the dances. A leaflet of full dance instructions is included. The record sells for \$3.00. Both the book and record are issued annually with five new countries each year. The countries just mentioned are contained in Book and Record No. II. Book I and Record I include Indonesia, Italy, Lebanon, Paraguay and Uganda.

Here you will find fun and learning for your school semester, for your whole summer, for UN Day programs, for pageants, parties, international dinners. There are games, songs, stories, crafts, recipes, national dress, festivals, flags, places to visit from each of the five countries: Brazil,

Ghana, Israel, Japan and Turkey. Meet your neighbours—and have fun!

Record and book may be ordered from the Committee for UNICEF, 280 Bloor St. West, Toronto, Ontario. The Committee also has brochures in bulk for free distribution. Please list the quantity needed and the individual to whom they should be sent.

YOUTH PROGRAMMES ON NATURE THEMES

Ruth Schroeder

The world of camping literature seems to be short on a supply of good worship material, compared to the supply of books on any other phase of camping. This month, however, has brought us a new volume which includes twenty-three worship services, including five for candlelight and campfire occasions.

Throughout each form of service, nature is used to guide the worshippers' thoughts towards God and Christian teachings. A glance through the book shows that the themes touch on The Grandeur of a Tree, The Glory of Autumn, The Miracle of Spring, The Refreshing Power of Rain, Jesus and the Out-of-doors, Meeting God in the Morning. This will give some idea of the adaptability of the titles to camp worship, and it would appear that each service can become non-denominational or interchangeable as one's favourite prayers are substituted for those suggested.

Youth Programmes on Nature Themes is one of the new books camp directors could consider for this season's purchase. G. R. Welch and Co., Ltd., Toronto. \$2.75.

HANDBOOK OF CAMP MAINTENANCE

Alan A. Nathans

A looseleaf note book filled to the binders with How-to- and What-to-do NOW information about keeping house at camp is one of the prized possessions we would like to own. Such is *The Handbook of Camp Maintenance*, just off the press, and ready for this summer's camp preparation and forever after. The seventeen divisions of Mr. Nathans' two hundred and seventy-five pages cover every step in planning for maintenance and administration, divided into daily, weekly and monthly chores and necessary duties, even to the training of maintenance staff. Here is a publication that "will enhance property values, create safety-conscious camping, decrease costs and increase efficiency". G. R. Welch & Co., Ltd., Toronto. \$8.95.

THE BALDHEAD MOUNTAIN EXPEDITION

Alf Evers

There is a kind of light but highly exciting story, clean-cut and modern, that boys (and some girls) like to read of a summer afternoon, early morning, bedtime or rainy day. Mystery enters the theme, danger spices the hero's activities, an enemy or two might be included, but all is righted in the end. *The Baldhead Mountain Expedition* is one such as this which could broaden the interest and reading of many a camper, and certainly give him a new love of over-nights and exploring ventures.

Mr. Evers himself is a keen outdoorman and conservationist, and lives on the side of a mountain near Woodstock, New York, where he has made a valuable contribution to the community in the cause of the preservation of living things. Brett-Macmillan, Limited, Galt, Ontario. \$3.00.

FREE FILMS

A series of very interesting films on leathercraft are available if you will write to the Tandy Leather Company of Canada, Limited, 107 King Street East, Toronto 1, Ontario. These are 16mm. in colour and sound, and we would suggest writing to that firm NOW for an application card so that requests may be dealt with in order. Tandy Leather Co. will pay shipping costs to the camp; the camp pays the return costs.

"Natural Gas Goes East" is an interesting documentary on the building of the Pipeline from Albert to Montreal. Also 16mm., in sound and colour, it is free and available through Trans-Canada Pipelines, Ltd., Public Relations Dept., 150 Eglinton Avenue East, Toronto 12, Ontario.

DECENTRALIZED CAMPING

Lois Goodrich

This book is a guide to the planning, administration, and evaluation of the results for several small groups 'camping out', under the direction of a central staff. It is based on the experiences and methods of the Trail Blazing Camps (Life Camps) and all that is written down has been tried and found good. As such, it is an invaluable handbook for any person who is interested or involved in a camp of that nature—it even supplies menus and recipes.

But it is more than a guidebook for it stimulates thinking whether you agree with the philosophy or not. It provides principals for counsellor training and administration which hold good under all circumstances. (The chapter on training is outstanding; I would buy the book for that alone!) It is well worth reading and most camp directors will want to own it. G. R. Welch & Co., Toronto. \$5.50.

—●

continued from page 173

A Tribute to A. L. Cochrane

More than half a century ago, he led his party of school boys across the Champlain Trail, from North Bay to Mattawa, up the Ottawa River to Lake Temiskaming, then down the Matabichewan River to Lake Temagami. He often recalled the sight of a great bark canoe paddled by eight Ojibways on the way to the Hudson's Bay post at Bear Island.

Here in Lake Temagami, Mr. Cochrane found a beautiful camp site, five pine-studded islands; and here for more than fifty summers, he directed his camp for boys, sharing with them his wide knowledge and love of the out-of-doors, and guiding them with a kind and understanding discipline.

In recognition of his contribution to camping, Mr. Cochrane was made Honorary President of the Canadian Camping Association. He was also presented with a plaque by the Ontario Department of Education in tribute to his work with boys. For his work in teaching life saving, and founding the first Canadian Branch of the Royal Life Saving Society, Mr. Cochrane was honoured in 1908 by King Edward VII, who appointed him honorary associate of the Order of St. John of Jerusalem. He was past president and honorary instructor of the R.L.S.S. and recently was honoured with life membership in the Canadian Red Cross.

When Death called him, at the age of eighty-nine, to follow a new trail, A. L. Cochrane was still an enthusiastic camper at heart, with an eagerness to venture on, into The Unknown.

—●

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NEWS FROM NOVA SCOTIA

The Annual Meeting of the Nova Scotia Camping Association will take place on May 30 in Halifax following a noon luncheon held in conjunction with the Annual Spring Conference.

An "Audit, adapt and act" session will be held on Saturday morning when counsellors and camp staff may choose from four programme areas.

Simple crafts will be on display and time will be allowed for experimentation with a number of them.

Camp games for fair weather and foul will be another learn-by-doing session.

Good use of the camp environment will bring to the fore ideas about nature walks, fun gimmicks for hikes, outdoor cookery and camp gadgets.

Waterfront organization and safety will be directed by the Nova Scotia Red Cross Swimming and Water Safety Division, when a model swimming and boating area will be used as a basis for discussion and comparison of various other set-ups. There will be ample time for questions concerning individual camp problems related to this topic.

In the afternoon, members of a symposium will deal with "The Challenge of the Summer Camp". The various presentations will cover the overall philosophy of camping and a need for clearly defined goals for each individual camp, the challenge of good mechanics of a smooth running operation, the challenge of providing the best possible opportunities for individual camper growth and development, and the challenge of enlightened and cooperative leadership.

Nova Scotia has ideal country for camping. There is a wide variety in the natural settings of the fifty-eight permanent camp sites in the province: from the expansive seashore, the protected ocean bay, or land locked salt water lakes to the woodland site located near inland waterways or wide open grassy fields leading down to a fresh water lake.

Camps vary as much in type of operation and programme as in locale.

There are few private camps. The three boys' camps are operated by residents of the United States. The one private camp for girls is owned and directed by a Nova Scotian. Programme runs the gamut from deep-sea fishing, rifle shooting, track and field to visits to historic spots in the province. Camper exchange programmes are common since three camps are in fairly close proximity.

The Young Men's Christian Associations in Halifax, Sydney and Yarmouth operate summer camps, the last two offering one or two-week sessions for girls as well as the boys' regular camps.

Camping is a major part of the Scouting movement in Nova Scotia. At a number of permanent camp sites and a greater number of pioneer troupe camps, two thousand, one hundred and eighty boys enjoyed a true camping experience last summer.

Each season approximately one thousand Girl Guides and Brownies go to camp, mostly under canvas.

Thirty-six of the residential camps, which is well over half the total

number, are operated by individual churches or religious organizations. Camping sessions vary in length from one to two weeks. These camps depend almost entirely on volunteer leadership which often undergoes a complete changeover (with the possible exception of the cook) with each change of camper.

The one Jewish Camp is exceptional in the fact that it is co-educational and the majority of campers remain for the entire season.

Last summer saw the opening of the first camp for crippled children in the province. Mentally retarded children, resident at the Nova Scotia Training School, have an opportunity to go to camp for two weeks with their own supervisors as leaders at a Scout camp site.

A number of camps absorb sponsored campers into their regular sessions, but two camps cater exclusively to the underprivileged child. These are backed by local service clubs.

As is not surprising, sixty percent of the camps in the "province by the sea" are located on salt water; however, in only a minority of instances does this affect the camp routine to any great extent. In a few cases, the total waterfront area is left high and dry at certain times during the day and never are two days the same. The entire daily schedule including meal times revolves around the tides. For instance, waterfront activities may have to be scheduled at eight in the morning and eight at night, while a week or so later they would take place around noon. It makes for plenty of variety!

Although some Nova Scotia camps may be unique in certain aspects, most camps experience problems common to other camps across the country, two major ones being the need for active, interested and knowledgeable camp committees who do a year round plan-

ning and evaluating job, and secondly, the need for more and better leaders.

It was to tackle problems such as this that the Nova Scotia Camping Association was formed four years ago and to which its energy is still being directed in annual conferences and leaders' workshops.



SOME IDEAS ABOUT CRAFTS

Flowers, Grasses, Cattails, Burrs, Pods, Seeds and Acorns can all be used successfully in table arrangements, shadow-box pictures and other wall arrangements by the simple process of gathering them when dry, or cutting them green, carefully hanging them and allowing them to dry.

To dry flowers in clean sand: Wash the sand until water remains clear. Put sand in a can and heat it until dry. When sand has cooled put it in can. Shove the stem of a freshly picked flower into the sand. Then gently sprinkle sand into the can until the flower is covered. The dry sand absorbs the moisture from the flower, and it retains its natural shape and colour. Drying time depends on the size of the flower. Small, dainty ones will dry in two days, while larger ones may take as long as a week.

Cones, nutshells sawn in half or in slices, horn, acorns and seeds can be made into earrings, brooches, bracelets and plaques.

Driftwood is available for the seeking and sawing. It must be dried thoroughly and a considerable amount of time spent on finishing it, but the work is most rewarding. First brush off dust, sand and any clinging moss; then sandpaper the entire surface until grain of wood shows definitely. After that it may be waxed or finished with natural shoe polish.

—●

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INSECT REPELLENT

continued from page 192

structors or employees, who, during the preceding summer, were associated with another camp, without consulting the director of the other camp, in the spirit of good will; or for the first director to carry on such negotiations after a counsellor has signed up elsewhere.

It is also unprofessional for a director knowingly to take the initiative in negotiating with a prospective camper who, during the preceding season, was at another camp; or to carry on negotiations with a camper who has already been enrolled elsewhere.

4. It is unprofessional for a director to enter, with the parent of a camper, into a secret or confidential agreement of such a nature as would result in the loss of the good will of the parents of the other campers, were the conditions of the agreement to become known. This provision is to be construed in order to prevent price cutting in direct competition with other camps, but not to prevent camps from giving bona fide scholarships. A scholarship is to be interpreted as being an honorarium granted by the camp director to a camper because of the inability of the parents to pay the customary fees.

5. It is professional to use as references only those people who have reliable knowledge of the camp or the director, preferably both.

6. It is unethical for a camp to advertise in its prospectus, any activity or service for which it does not provide adequate leadership and facilities.

7. If, in spite of the acceptance of this set of Business Principles, complications should arise, members should report the matter to the Board, and refrain from discussing same outside the Association.



LO! THE WASTED SPUD!

Oh, listen, my brethren,
Isn't it a sin,
To peel the potato
And throw away the skin?

Somewhere along the line of our school days, many of us remember laughing at the ancient jingle, but it takes a modern experiment to prove its point, a point about which anyone concerned with food consumption may well become alarmed.

When a dietitian of our acquaintance became concerned last week over the exorbitant amount of potatoes consumed during a three-day week-end in her institution, she decided to find the reason.

Beginning with a seventy-five-pound sack of that worthy vegetable, she watched them closely as they were put through the automatic potato peeler. After initial peeling and before the "eyes" had been removed, she was

somewhat astonished to weigh her seventy-five pounds of spuds and find that they tipped the scales at only fifty-four and a quarter pounds.

Her kitchen boys removed the "eyes", and made the vegetable ready for cooking, at which time the weight was a fraction under forty-five pounds.

She had lost one-third of the product in preparation alone.

So how to get the most out of a potato?

If you serve them peeled and boiled you lose thirty bags in every hundred.

You might try boiling them with their jackets on, messy though it is to peel 'em afterwards.

Or, you could accustom all campers to eat baked potatoes and gobble up the baked skins, too.

Something ought to be done to save the Potato.

What?

—●

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Cost—Approximately 35¢
for the following amount

½ cup dried skim milk

½ cup water

1 tbsp. Lemon Juice

½ tsp. Vanilla or other flavouring

2 tbsps. sugar

Mix milk powder with water and beat until foamy. Add lemon juice and beat until thick. Add sugar and beat until dissolved.

PASTRY

Tea Biscuit Mix—4¾ lbs. or
16 cups (do not pack)

Shortening—1 lb. or 2 cups

Hot water—1 lb. or 2 cups

Heat shortening in hot water until melted. Sprinkle over mix and toss lightly until moistened and blended.

Form dough in ball. Chill over night in refrigerator before rolling crusts.

N.B.—if you wished to use this on a camping trip, I think it might be possible by chilling in the same place you keep your butter, meat, etc.

TEA BISCUIT MIX

Enriched Flour—22½ lbs. or 18 qts.

Salt—5 oz. or ⅔ cup

Baking Powder (double acting)—
15 oz. or 2½ cups

Shortening (quick mix type—Fluffo,

Crisco, Domestic) 10 lbs. or 20 cups
Sift flour, salt and baking powder together. Stir until well blended, using flat paddle. Drop fat in ½ pound portions on top of dry ingredients. Mix at Low Speed for about one minute. Scrape from bowl and paddle. Continue this procedure until all fat added and mixture resembles rice or coarse meal. Store in a cool place (not refrigerator) in a closed container.

GRIDDLE CAKES

Tea Biscuit Mix— $2\frac{1}{3}$ lbs. or
8 cups (do not pack)
Sugar— $2\frac{1}{2}$ oz. or 5 tbsps.
Eggs—8 oz. or 1 cup (4-5 eggs)
Milk—1 lb., 10 oz. or $3\frac{1}{4}$ cups

Stir sugar into mix. Beat eggs and combine with milk. Add to dry ingredients. Blend with a few quick strokes. Batter will be lumpy. Drop on a greased griddle.

BAKING POWDER BISCUITS

Tea Biscuit Mix— $2\frac{2}{3}$ lbs. or
9 cups (do not pack)
Milk—2 cups

Add all milk at once and stir only until mixed. Turn on lightly floured board and knead about 10 strokes.

Roll $\frac{1}{2}$ " thick or cut in squares with knife (or if on out-hike, drop from spoon). Bake in hot oven 450° on ungreased baking sheet for about 12 minutes.

DROP COOKIES

Tea Biscuit Mix—18 oz. or 4 cups
(do not pack)
Sugar—10 oz. or $1\frac{1}{4}$ cups
Vanilla—1 tsp.
Eggs— $3\frac{1}{2}$ oz. or 2 eggs
Milk—3 oz. or $\frac{1}{3}$ cup

Stir sugar into mix. Beat eggs slightly and blend with milk and vanilla. Add to mix and stir until well blended.

Drop by teaspoon on to greased baking sheet. Bake at 375° for about 10 minutes. Remove from sheet at once.

—●

DECENTRALIZED CAMPING

A Handbook

LOIS GOODRICH \$5.50

The Executive Director and founder of Trail Blazer Camps provides this guide on how to conduct small-unit camping within an educationally-sound framework. All the details involved in planning, organizing and running a decentralized camp are covered realistically.

HANDBOOK OF CAMP MAINTENANCE

ALAN A. NATHANS \$8.95

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CAMP TONAKELA



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A month after Mr. Wallace Forgie was settled at home in his headquarters at Camp Tonakela, near Madras, India, an enthusiastic and informative letter was received from him. He had been away, visiting on this side of the Pacific for six months, renewing old acquaintances and everywhere making new friends for his beloved camp. We were all anxious to hear how our friend and fellow camp director, Perumal Naidu, whom many of us had met here in 1956, was getting along on his own. The report was excellent. Perumal was carrying the load and doing magnificent work. Even the weatherman had been working on his side. There was some good drenching rain starting in August which turned the parched brown earth into lush, productive soil. This promised good crops for the near future, at least.

The ever increasing demand for the use of Camp Tonakela makes one realize the greatness of the need for this kind of service. The camp was so fully booked up to the end of this past year that efforts were being made to double up the groups so that the facilities

could be shared. A recurring group of campers are the children from the School for the Blind, located just six miles from the camp. School Camping is a new movement recruiting most groups from Madras, but some from high schools in nearby villages. An interesting group is a number of young men of the 'Rainbow Physical Culture Institute' who run a Free Night School for boys in the cotton mills area and aim to improve also the health and physique of their boys. They are dealing with those who live at a level of mere subsistence and are doing a magnificent job putting their time, as well as money, into service where it is most needed. Their camping is well done and puts many a more fortunate group far behind. Camp Tonakela's part is to give them the fullest co-operation in this feature of their year's work.

One of the chief aims of Camp Tonakela since its inception in 1935 has been to bring aid to voluntary workers with girls and boys, strengthening their programme and relationships by making camping a central feature in their work. Noteworthy

among these are the groups in a dozen slum areas of The City Children's Club. Their girls and boys come as 'Aided Campers' with an adequate number of capable leaders, men or women according to the group. The Clubs know how to organize well, and make the most of four or five days in Camp Tonakela where they have every facility for good camping. Friends from The Camp Tonakela Association are primarily responsible for making this phase of camping possible.

Camp leaders will be interested in the training aspects of Camp Tonakela. For many years now, older girls from St. Christopher's Teachers Training School have rented the camp facilities. In addition to paying all their own expenses, this year they held a party for village children and made a contribution to Camp Tonakela funds. In the Camp Log signed by student group leaders and staff is the following: "During our ten days stay we availed ourselves of the many facilities provided by the camp. We have tried to imbibe the lessons of camp life such as co-operation, punctuality, self-reliance and, above all, cleanliness."

The Convalescent Centre has long been a major service for needy boys. Many homeless lads have been referred to Camp Tonakela after hospitalization, and it has been the difference between life and death in many cases. Last November the first group of convalescent girls was admitted, and the need for enlarging this service was immediately evident. A small building is under construction now for this purpose. It is hoped that enough financial help will be forthcoming to underwrite this expense and that the centre will open soon.

Director Perumal has a daily job supervising the Minor Treatment

Centre. There is an average attendance of twenty who come from the neighbouring villages. The majority are mothers with infants, some boys and girls and a few adults. Run similarly to our out-patient clinics, here is the only care available for the usual run of accidents that occur in daily life anywhere in the world: a tumble from a wall, a spill off a bicycle, a finger crushed at a local factory. The clinic is also of educational value because the mothers are quick to learn how to cleanse a wound and apply a sterile bandage. Besides this contribution to the community, Camp Tonakela continues its Meal-a-Day programme. This is provided to quite small village children from selected homes where the food available is totally inadequate.

The Camp Tonakela Association has lost a close friend, a hard working colleague and former chairman. Dr. Hedley S. Dimock passed away at his home in San Francisco, on October 10th, 1958, and a tablet to his memory has been unveiled at the camp. He will be missed greatly in this association, and as a valued friend of the larger camp community.

The services of Camp Tonakela are multiplying and extending as quickly as new facilities are made available. The North American Committees and friends continue to be an enthusiastic and ever-growing group of supporters. This can be a tangible expression of concern for the well-being of all children. An outstanding group of citizens of Madras form a strong working committee which understands the needs over there and to whom the funds are entrusted. This fine international bond between intelligent men and women who have a common goal for good, demonstrates the true worth of man.

—●

THOUGHTS AT CAMP

There's silence in the river camp at last;
There's silence in the rooms up on the
hill.
The outpost's turbulent merriment is
past,
And all around the camp lies very still.
A captive turtle climbs then loudly falls;
An owl hoots shrilly from a locust's
height,
And even the cicada's strident calls
But deepen more the silence of the
night.
Where has it gone, the sound which
reveille
Awakened to invade this sheltered
place?
The shouting, boyish laughter that
all day
Resounded on these shores in merry
chase?
The little children's chatter slumbers
now,
The girls' gay voices too, are wrapped
in dreams.
As feathered song-birds silent on the
bough,
They wait 'till morning brings its
golden gleams.
Perhaps those sounds of laughter will
return
Upon vibrating waves in some far day,
And let their outdoor memory
brightly burn
Into our circumspect and humdrum
ways.
I cannot tell. The midnight hour
is near,
Even the green cicada softer sings
I only wish this whole sad world
could hear
The healing sound that children's
laughter brings!

Gwendolen M. Chaloner

continued from page 177

they were gone. We saw a deer once, but we were on our way to flag-raising so we had to hurry. Us kids had been late three times in a row and if we'd been late again we wouldn't have got to see the movies Saturday night.

Movies, we asked faintly. Yeah, he answered, you know Westerns and stuff like that there. They were keen. We had 'em every Saturday and whenever it rained.

And speaking of rain, Mum, feel my muscle. I got that building a wall down near the beach. We had this great flood one day, see, and half the bank started washing away so some of us got out there in our bathing suits and started tossing rocks into the holes. We were having a good time but of course we could only do the rock part. Mac got some guys from the village and they resodded and planted trees and filled in the rocks with cement. They're going to put deck chairs on it next year for parents when they come to watch the regatta. I'd sure like to plant some trees sometime, but of course you gotta know how like these forester guys. It looks swell, I guess.

The director phoned this spring to see if Jim was going back to camp. We asked Jim and he looked doubtful. I dunno, he said slowly, I think I'd like to go to a ranch this summer where they have a horse for every kid and you do all your own work and look after the horses and clean stables, and mend fences and all that kind of thing.

It's pretty hard work, we countered, and they don't have all the other things you have at camp. No waterskiing, no sailing, crafts or riflery.

Yea, I know, he answered thoughtfully, but I think you might really get to learn something. Do you think I could Dad? Skinny wants to too.

Perhaps, I thought. Perhaps here, too, they might rob him blind. But it was surely worth a try. —●

TRY THIS FOR AN EVENING PROGRAMME

One difficult aspect of many evening programme games is the fact that when a participant is caught, he has to wait out the game on the sidelines. Games in which everyone gets to play throughout are more satisfying. Here's one, best played over a large area, if possible, where woods can be included within the boundaries.

A. Mark off two goals, one at either end of the playing area. (A large circle will probably be best.) Post one responsible counsellor, with indelible ink and two stamps, at each goal.

B. Divide the campers into two teams and assign one goal to each — plus armbands to distinguish members of each team.

C. The object: Each team tries to get players through into the other team's goal. Each player who succeeds gets marked with indelible ink. However, each team tries to defend its goal as well — by catching members of the opposition. (Any system of capture may be used. Tapping three times on the shoulder is probably the best and safest.) Players who are caught must report to the appropriate counsellor — to be stamped to indicate that fact. After a player is stamped — either for being caught or for reaching the other team's goal — he returns to the game.

D. At the end of the game each team tallies the number of successful entries and the number of times players have been caught — and the winning team can be determined from these scores.

—●

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continued from page 183

mitted to man through a) bites and scratches; b) the saliva; c) handling carcasses, of infected animals.

During the coming months many people will use our woods and camping areas for camping and other outdoor recreational pursuits. It is therefore desirable that all persons resident or those proceeding as campers on holidays to the areas referred to, should understand and act in accordance with the following:

1. All wild and domestic animals are subject to the disease.
2. Discourage the coaxing of, playing with, or handling of wild animals or any found dead.
(Children should be particularly warned in this regard.)
3. Family pets, cats and dogs, in or being taken to areas infected should be previously vaccinated against rabies by your veterinarian.
4. Bites and scratches from any animal incurred where rabid animals have been discovered, should be reported as soon as possible, both to your Physician and the concerned Medical Officer of Health.
5. Abnormal behaviour of any animal, wild or domestic, or the presence of any sick or dead wild animal should be reported immediately to the nearest Health or Animals Veterinarian (Dominion Department of Agriculture); the Game Warden; the representative of the Department of Lands and Forests; or the local Police.

REMEMBER that once the symptoms of Rabies have developed in man there is no known cure. Proper preventive measures taken in time, may save a life. PRACTISE CAUTION, AVOID ALARM. —●

continued from page 184

dreds of camp directors for many years. The Standards Committee is composed of camp directors who represent many different kinds of camps—Y.M.C.A., Y.W.C.A., Boy Scouts, Girl Guides, Church Camps, Specialized Camps and Private Camps. They have all helped in collecting and editing the questions as they now appear in the "Study of Camping Practices". The questions on Waterfront Safety and Swimming were obtained from Standards set by the Red Cross and Royal Life Saving Society. We hope that when practices in Canoeing and Riding have been established and officially adopted, that we will be able to incorporate them into this study. Matters of Health and Safety were obtained from the Ontario Dept. of Health regulations. Other areas were obtained from the experiences and practices of many fine camps now operating and who are willing to co-operate in making this a representative group of practices, that if followed, will insure a high calibre of Camping.

It should be noted that all of the questions relate to the care, safety and wellbeing of the camper. Only one question, number 1, is mandatory—You must have a Dept. of Health license. If you do not have this license, you may not operate a children's camp in Ontario. All other questions are matters of practice or policy. You may, or may not, as you wish, agree with these practices. In some cases they are not applicable, the method of scoring will take this into account. No camp can possibly score 100% but most should be over 60%. In any case, the results of the 1959 camp visits will give the committee a table of scores that will indicate the importance of each question. We must give them as complete a test as possible this coming summer. —●

continued from page 175

in an emergency. A child, a friend or a relative who is unconscious from apparent drowning is the object of assistance without thought of personal discomfort.

A test comparing mouth-to-mouth breathing with well-known established chest-pressure arm-lift methods has demonstrated the fact that untrained persons who have had the method explained to them can efficiently oxygenate an unconscious victim in at least 90% of cases whereas even trained personnel doing the chest-pressure arm-lift methods rarely attain better than 50—70% success. The secret to all of this lies chiefly in the fact that the mouth-to-mouth method relies upon an efficient method of maintaining the method can be practiced by pering an airway and secondly that the operator is much more sensitive to its efficiency than with any other method.

forming the preparation of the victim, positioning of the rescuer and a recital of the mouth-to-mouth procedure.

It is hoped that mouth-to-mouth methods of resuscitation will be taught to all persons in the camping field either as a primary method of resuscitation for an apparently drowned child or as a possible supplementary method of resuscitating a victim along with the chest-pressure arm-lift methods. It is hoped that all persons will realize the efficiency of the human breathing apparatus which each person possesses, which is readily available without delay and which could be the means of providing life-saving breath from the rescuer to the unconscious victim of asphyxia due to partial drowning. The Holger-Nielson method should continue to be practiced and taught, but the importance of maintaining an adequate airway should be re-emphasized.

—●

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There is much said on the part of camp directors of the need to understand campers and to discover their interests, needs and capacities. This may give a false impression, that though we have been working with children for years, we still know little about them, and are poorly qualified for our responsibilities. In common with others who work with children, we of course have much to learn but, let us not belittle our present knowledge. If we have no confidence in ourselves, how can we gain the respect and confidence of others?

Perhaps the greatest present need of organized camping is for a good programme of public education. For while the movement has been growing steadily for well over sixty years, its importance is not yet sufficiently appreciated by the general public. Of course, a fair number understand and appreciate what our camps are doing, but far more do not. Organized camping will never grow to occupy the place it deserves until camps are understood to be more than a place where parents place their young children for a safe and happy vacation.

As more and more young children go to camp each year, there is bound to be emphasis on what is provided for the four-to-eight year-old group and less said about the activity programme for teenagers. This, we believe, is unfortunate, for camping originally belonged to teenagers and it is this group who have most to gain from what camping has to offer. There is need to define more clearly for the public what the values of camping are, with emphasis on the positive, vital role it can play in the lives of our children.

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The Advertisers

American Camping Association	211
J. H. Beattie	164
Canadian Camping Magazine Co.	168
Canadian S. & S. Enterprises	193
J. & J. Cash (Canada) Ltd.	192
Cassidy's Ltd.	203
Continental Casualty	
Oustide Back Cover	
Croce & Lofthouse	172
Cuthbert Industries Ltd.	209
D-Ter	200
J. M. Dent & Sons Ltd.	166
T. Eaton Co. Ltd.	163
Foodcraft Laboratories Ltd.	185
Gibbons Foods LimitedInside Front Cover	
S. Gumpert Co. of Canada Ltd.	207
Ingram & Bell Ltd.	197
International Film Distribution	207
John Leckie Ltd.	188
Maple Leaf Plastics Ltd.	169
Master Canvas Craft Co.	201
Milko Products Ltd.	165
Ontario Northland Railway	209
St. Lawrence Market Surplus Sales	197
Sampson-Matthews Ltd.	169
Schneider Ltd.	201
Spencer Brothers.	200
Starkman Chemists Ltd.	192
Superior Merchandise	185
Superior Propane Ltd.	167
Tandy Leather	189
Tom Taylor Co. Ltd.	193
Vaunclair Purveyors Ltd.	166
Vermont Accident Insurance Co.	164
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